

# New Knowledge Adventures Presents:

## *Hypnosis for Universal Pain Management*

Seminar #7:  
Guided Practicum –  
Honing Your Hypnotic Skills  
Part 2

# Course Materials

- All course materials are available on our website
- [www.NarrowGateAlliance.org](http://www.NarrowGateAlliance.org)
- Login Information:
  - UserID: hypnosisupm
  - Password: pa1nfr3e
- A CD of all materials will be provided for those who cannot access the website
  - Number of CDs =

# Guided Practicum - Review

- Together, we will 'hone' all of the skills that we have learned
  - Hone: To refine or master a skill. From the Proto-Germanic *hainō*, meaning *whetstone*, and the Proto-Indo-European *kōy* meaning 'to be [one-] pointed'
- Tutorial Method – Those who “can” will help those who “can’t” - yet
- Failsafe Contingencies - No such thing as 'failure' – only additional opportunities to learn



# Guided Practicum (Cont.)

- First Skill – VAPMR
  - Review and Practice as a group
    - Pay close attention to:
      - Sequence of the relaxation
      - Sensations as they occur
      - Thoughts and feelings as they arise
  - Pair up and practice
    - Instructor and student
    - Switch roles

# VAPMR Sequence

- 1) Toes and Feet
- 2) Lower Legs (Calves and Shins)
- 3) Upper Legs (Hamstrings and Quads)
- 4) Core (Abs, Glutes, Lower Back)
- 5) Chest and Upper Back (Pecs and Lats)
- 6) Neck and Traps
- 7) Shoulders, Arms and Hands
- 8) Face, Eyes and Jaw

# Guided Practicum (Cont.)

- Second Skill – Anticipatory Expectancy Set (Defining Your Space)
  - Review and Practice as a group
    - Pay close attention to:
      - Sequence of attention and visualization
      - Sensations as they occur
      - Thoughts and feelings as they arise
  - Pair up and practice
    - Instructor and student
    - Switch roles



# Expectancy Set Sequence

- 1) Focus eyes on wall or student
- 2) Allow attention to follow wall or create a sphere around yourself and student
- 3) Take 2 centering breaths
- 4) State expectancies aloud or silently

# Guided Practicum (Cont.)

- Third Skill – Response to Suggestion
  - Review and Practice as a group
    - Pay close attention to:
      - Sequence of the instructions
      - Sensations as they occur
      - Thoughts and feelings as they arise
  - Pair up and practice
    - Instructor and student
    - Switch roles



# Response to Suggestion

- 1) Relax
- 2) State Expectancies
- 3) Close eyes
- 4) Imagine balloon attached to right wrist
- 5) Imagine dictionary held in left hand
- 6) Open eyes – observe response

# Guided Practicum (Cont.)

- Fourth Skill – IDC
  - Review and Practice as a group
    - Pay close attention to:
      - Sequence of the instructions
      - Sensations as they occur
      - Thoughts and feelings as they arise
  - Pair up and practice
    - Instructor and student
    - Switch roles

# IDC Instructional Sequence

- 1) Relax
- 2) Close eyes
- 3) Concentrate on fingers for a 'Yes' response
- 4) Then a 'No' response, 'I Don't Know' response, 'I'm Not Ready Yet' response



# Guided Practicum (Cont.)

- Fifth Skill – Structured (Auto)-Suggestions
  - Review and Practice as a group
    - Pay close attention to:
      - Sequence of the instructions
      - Sensations as they occur
      - Thoughts and feelings as they arise
  - Pair up and practice
    - Instructor and student
    - Switch roles

# Structured Suggestions

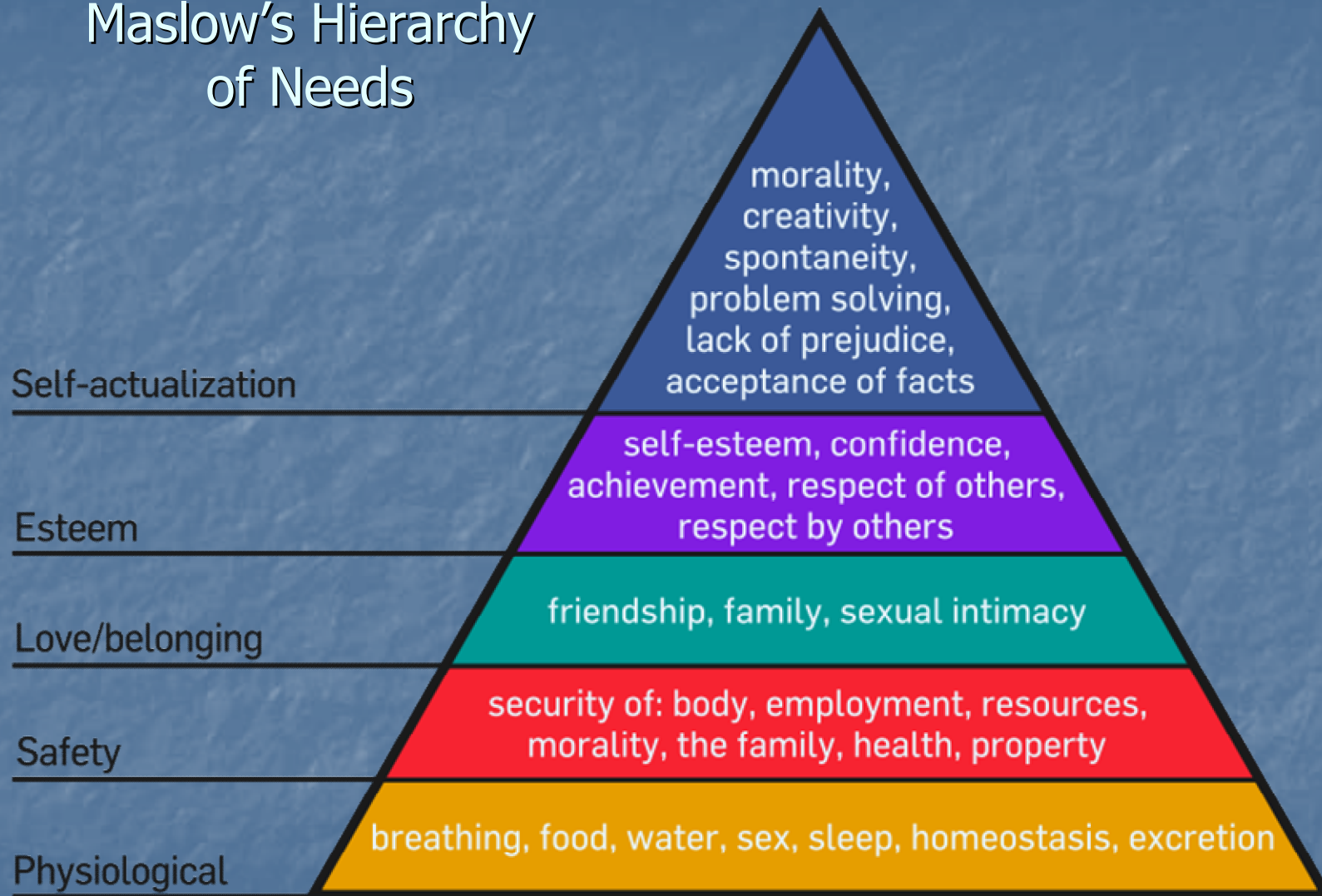
- 1) Work together to create one or two structured suggestions
- 2) Test with finger signals for congruency
- 3) Relax
- 4) Close eyes
- 5) Slowly present suggestions to student

# Aladdin's Rules

- Rules for Selecting Safe Wishes for your Djinn
  - 1) Based on Needs, not Wants
  - 2) Obtainable
  - 3) Sharable
  - 4) Renewable
  - 5) Harmless to Others
  - 6) Self-Congruent
  - 7) Does not violate the 'Law of Polarity:'
    - "If A is created, Not-A will also manifest."
    - Is the wish a Zero-Sum Outcome?



# Maslow's Hierarchy of Needs



# Structured Suggestions

- 1) Select an introductory phrase
- 2) Define the outcome
- 3) Define actions leading to outcome
- 4) Define time frame for outcome
- 5) Define metrics
- 6) Test for congruency

# Q and A

Guided Practicum for our Five  
Primary Hypnotic Skills



# Homework

- Continue to Practice and Teach Your Basic Skills
  - VAPMR
    - At least twice per day
    - After you are relaxed, then practice:
  - Differential Muscular Relaxation
    - Move hands or legs while remaining relaxed and seated, or walk and remain relaxed in upper body
  - Ideo-Dynamic Responses to Suggestion
    - Hot and Cold Hands, Feet, Arms
    - Arms and hands floating
  - Acquiring Your Own Space
  - Ideo-Dynamic Communication (IDC)
  - Create your own Structured (Auto)-Suggestions Using the New Format

# Homework (Cont.)

- As you practice the five skills, be aware of which elements of the relationships among Soul, Body and World you are altering
- Practice your new Ideo-Dynamic Skills with your new Structured (Auto)-Suggestions
  - Chevreul Pendulum,
  - Ideo-Dynamic Finger Signaling
  - Behavioral Kinesiology

Q and A